We wish all our members, volunteers, patients and our supporters

“A Merry Christmas & A Happy New Year”

Soft Sift in an Hourglass
Stories of Hope and Resilience at the End of Life

by Rosalie Shaw (PPCS Honorary Advisor)

Please place your order at PPCS. Price: RM42.00
Contact Lai Peng (05-5464732)

ABOUT THE BOOK
This collection of stories tells of the author’s experiences in providing palliative home care to patients in Singapore. They are distilled from countless hours, days and often nights, spent caring for people and families who were living with dying. Her words speak not just of pain, loss and conflict, but also of courage, dignity, love and hope. Unflinching in their honesty, they bear witness to the struggles and triumphs of those facing the end of life, and allow the reader a rare glimpse into their lives through the eyes of a hospice pioneer.

ABOUT THE AUTHOR
Rosalie Shaw grew up on a farm in rural Victoria, Australia, and was a teacher and then a nurse before she became a doctor. Inspired by the work of Dame Cicely Saunders, she decided to do palliative care and went on to set up one of the first palliative care units in Australia at Hollywood Hospital in Perth. In 1992, she was invited to Singapore to help establish the home care service of the Hospice Care Association. She originally intended to stay for just a year, but to the great good fortune of Singapore and many thousands of patients and families, she chose to stay beyond that one year.

CONTENTS
This is a collection of 48 touching stories of hope and resilience at the end of life. There are stories about:
- Grief that overwhelms parents when a child is dying.
- The suffering of adult children who watch the failing health of a parent.
- The despair of wives and husbands who know that they will be alone soon.
- The pain of losing a loved one.
- The need for family love and support in caring for the dying.
- The emotional and physical challenges of palliative care.

These stories will encourage us and help us to have a better understanding of what it takes to communicate with and care for the dying.

Welcome to PPCS

Mr Ng Chong Liang commenced work on 7th July, 2008 as a driver for PPCS. He was duly confirmed in his employment on 7th October, 2008. Mr Ng (fondly known as Ah Liang to everyone) has proven to be cooperative, helpful and compassionate, qualities which are essential for our work at PPCS.

We wish him well in his new appointment and hope that he will have a long and happy association with the Society.
**WHAT ARE THE AIDS OF PPCS?**

- To share our vision to increase the availability of hospice and palliative care throughout the world by creating opportunities to speak out about the issues.
- To raise awareness and understanding of the needs — medical, social, practical, spiritual — of people living with a life-limiting illness and their families.
- To raise funds to support and develop hospice palliative care services around the world.

An afternoon full of entertainment, games, delicious food and most important — full of fun, was enjoyed among clients, families, friends and volunteers. All were rewarded with a gift — no one went home empty handed, everyone had a smiling face and heart full of contentment and joy. Showers of blessings rounded up the lovely afternoon.

Thank you all for making the event a memorable success.

_Greetings, Irene John_

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My first time volunteering with PPCS was on Sunday, 2nd November, 2008, the Hospice Day at Ipoh Swimming Club. All the AFS students came earlier to help with the preparation and decoration. The whole programme was supposed to make people, who have cancer, and their relatives a bit happier; to spend a few nice hours with them. Together we played games, saw traditional dances and had nice food. Great fun was, when the winner of each game got a little present.

Surprisingly most of the people were Chinese. Because of that, I think it was very nice that the dancing presentations were presented by Punjabi girls, so there was still a mix of cultures.

I am glad that I had the chance to join the celebrations and happy that I could help. I am also very busy as an exchange student in Malaysia. I will try to join PPCS events more often and help whenever I can. For me, it is very important to support important and useful organisations, especially if it is for a good cause like the gathering for people who have cancer.

_Ann Kathrin_

_Antarabudaya Malaysia (AFS Germany)_

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The Perak Palliative Care Society celebrated this year’s Hospice Day on the Sunday afternoon of 2nd November, 2008 at the Ipoh Swimming Club.

The slogan for World Day 2008 was “HOSPICE AND PALLIATIVE CARE: A HUMAN RIGHT”.

**Guests Of Honour**

_Datin Lim Foo Yong & Miss Chong Phaik Kee_  
(Pengarah Of Social Welfare N.perak)

From left:  
Ms Chelvi (Officer, Social Welfare – North Perak), Encik Abdul Samat (Officer, National Welfare Foundation), Encik Raja Khalid (Officer, Social Welfare – North Perak), Dr Koh Wai Keat (President of PPCS)

**Our gratitude goes to the following persons for organising this memorable event:**

_Amarjit Kaur_  
Organising Chairman

_Datin Suraini Kamarulzaman_

_Lin Hui Yi_

_Carol Chong_

_Melidia Alymann_

_Charan Warriyam Singh_

_Irene John_

& Ooi Gai K Hong (no photo available)
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**Voluntary Performers**

Bollywood Dance by Dharveen & Sharvina

Punjabi Dance

Belly dancers from Vogue Studio

**Patients & Their Family Members**

**Games**

Bingo

Sorting The Beans

**Guests Of Honour**

From left: Ms Chelvi (Officer, Social Welfare – North Perak), Encik Abdul Samat (Officer, National Welfare Foundation), Encik Raja Khalid (Officer, Social Welfare – North Perak), Dr Koh Wai Keat (President of PPCS), Datin Lim Foo Yong & Miss Chong Phaik Kee (Pengarah Of Social Welfare N.perak), Mr & Mrs Lim Keng Jew cutting the anniversary cake
We thank all our donors for their generosity. As PPCS is a non-governmental agency, it relies substantially on the financial support of the general public. If as a reader of this newsletter, you wish to donate something to the Society, or you know of anyone who might be interested in doing so, please direct your personal donation or inform them to contact the Honorary Treasurer at:

PPCS, 14 Lebuh Woods, Canning Garden, 31400 Ipoh, Perak.
Tel/Fax: (605) 546 4732 • Email: ppcs95@tm.net.my